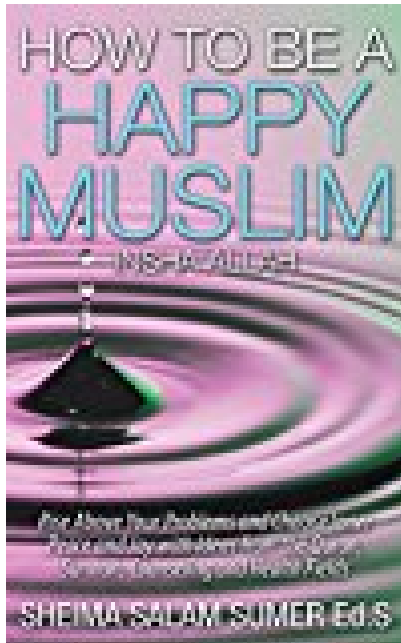


How To Be A Happy Muslim Insha Allah



BOOK DETAILS

- Author : Sheima Salam Sumer
- Pages : 130 Pages
- Publisher : FB Publishing
- Language : English
- ISBN : 099038764X

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BOOK SYNOPSIS

How To Be A Happy Muslim InshaAllah: Rise Above Your Problems and Choose Inner Peace and Joy with Ideas from the Quran, Sunnah, Counseling and Health Fields is a book by trained counselor Sheima Salam Sumer, which intends to guide you in achieving inner peace and joy by combining Islamic teachings with mental and physical health concepts. InshaAllah this book will empower you to feel content and in control of your emotions no matter what is happening in your life, and be able to cope with and solve any problems that you face. How to Be a Happy Muslim seeks to help you to think and feel positive across situations, be in a constant state of gratitude to Allah (SWT), and ultimately become your own best friend.

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